

BAR HILL NEWS

September 2015; Issue 563

UNIVERSITY OF THE THIRD AGE

Always wanted to pick up a new skill but didn't know where to start? Longing to get to grips with old Icelandic literature in your retirement? Maybe you have dreamed of studying philosophy? The University of the Third Age (U3A) might be your answer.

U3A is an organisation of men and women who regularly gather together to share experiences, knowledge, philosophies, values and ideas. It attracts members from all backgrounds and encourages everyone to have a go. It is a forum for the growth of the human spirit, the development of friendships and the exploration of ideas to enrich quality of life in the Third Age. Classes are built around self-help study groups, with no exams or qualifications.

U3A is run by its members. It has over 360,000 participants in more than 960 U3As around the UK. As a movement it has defied the trends of shrinking adult education classes. There is nothing formal about the arrangements. There are no exams or certificates to achieve. Informal learning is just that: informal. You are in a convivial environment and, as such, learning is fun.

People join U3A for many reasons: it may be the next thing after retirement; the children may have grown and flown; a loved one may have passed away; they may just want to 'give it a try'. Combating loneliness is a powerful effect of joining a U3A.

U3A members come from all walks of life. As a self-help organisation we know everyone has something to contribute. Our concept of 'those who learn will teach and those who teach will learn' bears fruit in our non-judgemental attitude.

For more information about the U3A visit www.u3a.org.uk/. [A quick look on the website shows U3As in St Ives and Cambridge.]

SING IT OUT

COMMUNITY CHOIR

will restart on Mon 7th Sept at 7.30-8.30pm in the Octagon.

If you enjoy singing popular songs/musicals then you will be very welcome to join us.

If you need more info please e-mail Mel Stamp at singitout@virginmedia.com.

DOBBIES' SOUL AND MOTOWN CHARITY EVENT

Saturday 12th September at the Village Hall
proceeds are going to support the Teenage Cancer Trust.
Tickets £5 available at Dobbies.

- THE BLUES BROTHERS - RHYTHM & BLUES REVUE



On The Green in Swavesey on
Saturday 12th September 2015
from 7.30pm.

A fast moving, blockbuster musical extravaganza, with a traditional bar, a bottle bar and food stalls on site throughout the evening.
Tickets are £15, available from Swavesey Windmill.
T: 01954 232247; E: swaveseytickets@gmail.com.

HARVEST FESTIVAL SONGS OF PRAISE

Tuesday 22nd September at 3pm
in the Octagon

There will be refreshments afterwards.
Everyone is very welcome.

BAR HILL



BAR HILL SPORT NEEDS YOU!

Do you have a passion for sport and would like to give something back to Bar Hill?

If yes, we would like your help to develop some exciting sports opportunities on the village astro turf pitch.

Ideas are welcome from enthusiastic players, coaches, sports students, parents/carers or anyone else with an interest in our village community.

If you want to make a difference to sport in Bar Hill then come and join us on the Bar Hill Astro Turf Management Committee. For further information contact **Paul Thorby** on 01954 781527 or e-mail: paul_thorby@tiscali.co.uk.

deadline for next issue: 15th September 2015 to bhneditor@yahoo.com,
or see page 2 for other contact details

BAR HILL RESIDENTS' ASSOCIATION

2015-16 COMMITTEE:

Chair:	Roger Hall	01954 780304	11 Almond Grove
Vice-Chair:	Paul Goodfield	01954 200228	15 Little Meadow
Secretary:	Anil Pallan	01954 782736	72 The Spinney
Treasurer:	Martin Avery	01954 781233	34 Acorn Avenue
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	Hilary Whipp	hilary@whipp6.orangehome.co.uk	

BAR HILL NEWS:

Editor:	Jan Cundy	jan_cundy@yahoo.com	1 Hanover Close
Advertising Coordinator:	Bunty Waters	01954 201421	77 Foxhollow
Distribution Coordinator:	Martin Avery	01954 781233	34 Acorn Avenue

The Objectives of the Association are to act as an intermediary between Residents and other parties, to keep residents informed of matters of importance and recreation in and around the Village, and to promote the interests of Bar Hill.

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published, but names and addresses may be withheld. However, these may be made available should a written request be received. This is a private publication and may not be reproduced in any way without the prior permission of the Bar Hill Residents' Association Committee.

ADVERTISING

All matters relating to advertising should be addressed to the Advertising Coordinator bunty.waters@ntlworld.com. Quarter-page adverts cost £15.50 per month and must be submitted by the 1st of the month prior to inclusion. Maxi ads (£8.50 per month) and Mini ads (£5 per month) should be submitted by 15th of the month prior to their inclusion. Sizes: Maxi: 6 x 4.5 cm – 9 x 6 cm; Mini: 6 x 2 cm – 6 x 4 cm. Quarter-page ads are for local businesses and we guarantee publication, but this often results in a waiting list. To help overcome this, we provide maxi and mini ads which appear throughout the publication. We cannot guarantee their inclusion, though, due to restrictions of space.

EDITORIAL

There is no charge for Articles, What's On, For Sale and Lost and Found, and these appear at the Editor's discretion. Please submit items by 15th of the month. All telephone numbers without an area code are Crafts Hill (01954). All items can be submitted electronically on disc or to bhneditor@yahoo.com, [a Word file is best, please] or hard copy via Parish Council Office.

THE MAPLE SURGERY

Tel: 01954 780442; www.mhmaple.co.uk

Surgery Opening times:

Monday, Wednesday, Thursday	7.00am* – 6.30pm
Tuesday, Friday	8.30am – 6.30pm

(* appointments available from 7.30am)

Emergency on the day appointments: bookable by phone from 8.30am for the mornings and from 1.30pm for afternoons.

Midwife	Thursday	2.00–4.00pm
Physiotherapist	Tuesday	1.00–4.30pm
Podiatrist	Wed. & Friday	8.45am–12 noon
	and	1.00–4.00pm
Orthoptist	2nd Tues. of month	9.00am–12.30pm
CAMTAD	4th Tues. of month	9.30–11.30am



Out of Hours Emergencies – call 111

(Cambridgeshire and Peterborough 111 Service)

Health Visitors: (based at Longstanton Surgery):
01954 207612

Well Child Clinics: 3rd Tuesday of the month
1.00–2.30pm at the Children's Centre, Bar Hill (next to Primary School).

USEFUL TELEPHONE NUMBERS

• Church Office: 01954 206120 • Conservative Party (Iris Lay): 01954 205265 • Happy Hours (Helen Collins): 01954 782203 • Liberal Democrat Party (Andy Pellow): 07814 871752 • Library (renewals and enquiries): 0345 0455225
• Neighbourhood Watch: 01954 201001 • Parish Council: 01954 780456 • Police non emergency: 101 •
Post Office: 01954 789285 • Pre-School: 01954 782892 • Samaritans: 01223 364455 • School: 01954 273305 •
Social Club: 01954 781881 • Swavesey Village College 01954 230366 •

– NWR –

**CONNECTING WOMEN WHO ARE
INTERESTED IN EVERYTHING AND
TALK ABOUT ANYTHING**

NWR is a national women's organisation with members who enjoy lively conversations both serious and light hearted. It is for women of all ages, who like to be informed and share ideas by actively participating in the content of meetings. We promote friendship and self-confidence for lively minded women. We invite you to join us, come along to one of our meetings, you'd be very welcome.

10th September: **Buildings** – research a favourite or iconic building of your choice. Venue: Di's.

24th September: **Desert Island** – what three items would you take to a desert island? Food and drink will be provided. Venue: Bobby's.

8th October: **Siberia** – Research one aspect of this country and talk about it.

22nd October: Planning evening.

5th November: Talk by **Susan of Sujay** – with sale of jewellery suitable for Christmas.

The Bar Hill NWR group meets informally at 8pm on alternate Thursday evenings. We pay an annual fee of £18.00 and just £1.00 per meeting to cover local costs. If you would like more information or someone to accompany you to a meeting, please don't hesitate to call Geraldine Martensz on 01954 203458 or Bobby Colver on 01954 781662. NWR can also be found at www.nwr.org.uk. Why not have a look!

LOVE LIFE – LOVE SLIMMING WORLD

Join our warm and friendly group at **Bar Hill School** on Wednesdays at 5.30 pm or 7.30 pm.

Want to lose weight and never feel hungry?

Call Chris on 07779 287055.

No pills or potions, just healthy wholesome food suitable for all the family.

Website: slimmingworld.com; T: 0844 897 8000

MATHS AND PHYSICS TUITION

Qualified teacher, with First Class Honours Degree in Physics, offers GCSE and A level tuition in Maths and Physics.

Telephone **Paul Noble** on 01954 780477

– 8 O'CLOCK CLUB –

The 8 o'clock club is an all-women's group which meets on the first Thursday of the month in the lounge in the school.

We have a variety of speakers as well as a garden party, birthday party and Christmas meal. Our programme for the Autumn term is:-

3 September – Enrolment Evening

1 October – Medical Detection Dogs

5 November – Citizens Advice Bureau

3 December – Christmas Meal – members only.

If you would like further information please phone Barbara on 01954 204171, Adela on 01954 204265, Ann on 01954 204687, or come along to one of our meetings, we would be very pleased to meet you.

– COUNCILLOR NOTES –

New council homes are beginning to be built

Work is underway on 20 much-needed new council homes in Swavesey. The new Council properties will be made available to people who grew up and still live in the village as well as people who have a local connection to Swavesey.

Bike Bus

Do you enjoy cycling? have you heard or used the Bike Bus? It's celebrating its first anniversary. With over 30 seats, the bus runs on Sundays and bank holidays and departs four times-a-day from Cambridge railway station heading out on a circular loop to Gamlingay and back. Bikes can be loaded up at most bus stops along the route which takes in a host of visitor attractions along the way, including the National Trust's Wimpole Estate. During August and September, the Wimpole Estate is offering BikeBus Explorer users a discounted hot drink in their Old Rectory Restaurant or Stable Block Café. Bus users need to take their bus ticket and a voucher the bus driver will give to them when they board to claim the offer. The bike trailer has 20 spaces. Visit www.scambs.gov.uk/bikebus-explorer for further information on the service, cycle routes and attractions as well as searching for the BikeBus Explorer Facebook Page where exclusive offers and information can be found.

Investors In People – Gold Standard for South Cambs District Council

By reaching the gold standard, South Cambridgeshire District Council has joined the top 7% of Investors in People accredited organisations across the UK.

Paul Devoy, head of Investors in People, said: "We'd like to congratulate South Cambridgeshire District Council on their Gold standard. Such a high level of accreditation is the sign of great people management practice, demonstrates a commitment to staff development and shows an organisation committed to being the very best it can be. The Council should be extremely proud of their achievement."

We look forward to any comments, or if we can help with information or in any other way:

Bunty Waters

cllr.waters@scambs.gov.uk

01954 201421; 07734 690580

Roger Hall

cllr.hall@scambs.gov.uk

01954 780304

**ENGLISH CLASSES FOR SPEAKERS
OF OTHER LANGUAGES**

We are planning some classes in Bar Hill in September in the evenings. If you are interested, please contact me so I can keep you informed.

Sarah Adams: sadams@chesterton.cambs.sch.uk.

You are also welcome at our free classes on Friday 11th September from 9.30am at Chesterton Community College – www.esolcafe.co.uk.

COMPUTER HELP NEEDED

An OAP needs computer help.

Please contact 01954 781499.

I can offer £10 per hour.

Any time mutually convenient – evenings.

– LETTER –

Dear Editor

The 3G Astro facility has now been part of the community in Bar Hill for 13 years. The playing surface has evolved from a sand-based carpet to a modern state of the art playing area that is enjoyed by all those people that use it. Bar Hill Colts – children, boys and girls from U7, right through to U17; Cambridge United Academy; Birthday Parties; Fund Raising at the Village Fete; Private Hirers; The Football Association and County FA Mashup Programme; 5-a-side League; Bar Hill Primary School; Bar Hill Ladies; Maverick Soccer; AFC Crusaders; Caldecote FC; Over Sports FC are entities that have used and benefited individuals and teams from within and outside our Community.

We now need 2–3 people from within the village to help and continue the excellent work that has been done to ensure that we continue the legacy and maintain a facility that is fit for purpose.

For more information please contact either Paul Thorby on 01954 781527 or Jairo Marin on 01954 781838.

STORYTIME AT BAR HILL LIBRARY

Stories and pictures, rhymes, songs and craft activities at 10.30am at Bar Hill Library, on the second and fourth Saturdays in September.

Open to children of pre-school age and their older brothers and sisters who are accompanied by an adult, Storytime offers half an hour or so of book-based enjoyment twice every month. Every time there is a theme, with appropriate stories, songs and craft activities.

This free event opens up the treasure that books present and reveals what is to be gained from learning to read. There is no need to book; just come along on 12 and 26 September.

– BICYCLE REPAIRS & SERVICING –

Collection & Return Service. 07914 655086



BAR HILL COMMUNITY MARKET

No market in September.

Next dates: Saturday 3rd October

Saturday 7th November

10.30am – 2pm

In the Octagon CB23 8EH

– Entry is Free –

Come and support your local community.

A variety of handmade crafts, jams, fruit, vegetables, cards and beauty products.

We raise funds for community projects.

Refreshments Available

Soup and roll from 12 noon

BBQ (weather permitting)

If you would like to be part of the market, please contact either Karen Austen 01954 781085 or

Sue Gadsby 01954 200875.

COUNTY COUNCILLOR

– NOTES –

You may have read that there was a fire in the Mechanical and Biological Waste Treatment Plant at Amey Cespa's Waterbeach site in July. Eight fire engines and other specialist firefighting units were mobilised, the fire was extinguished and fire service personnel remained on site overnight. During the incident the site was able to accept waste from the local councils, commercial carriers and residents that use its facilities. There was no interruption to the service and operations resumed fully the following day. There was no threat to public safety and early indications are that the fire was caused accidentally. A full investigation is being carried out and its results will be reported to the County Council.

I am involved in various projects related to community development, mostly in connection with developing new communities. Bar Hill is a very positive example of an established community that has developed over many years. I wonder though if there might be interest in finding out about/setting up a time banking group in Bar Hill? The idea is that every member of the group offers their skill/experience/effort and for every hour they spend giving that to somebody else, they get an hour's credit for using the skill/experience/effort of another member. Everyone has something to offer: help with gardening, teaching basic IT skills, fixing a leaking tap, dog walking. The possibilities are endless and the benefits are many, as some communities have already found out. There is no fixed format and it can be run entirely by volunteers although it would need one or two individuals with good organisational skills to administer it. Please email me if you are interested.

Thank you to all of you who take the trouble to contact me. I am always pleased to hear your views and, if you would like to know more about what's happening at the County Council, please let me know and I will add you to the email circulation for the full report I write monthly for parish councils.

County Councillor Lynda Harford.

lyndaharford@icloud.com

BAR HILL HEALTH WALKS

Free every Wednesday morning

Meet at Maple Surgery at 10:30 am

Our walks are all weather (in case of rain you will find us under the church porch), free, and accessible to all, particularly those who are currently inactive.

Walks are 45–60 minutes long, and led by trained Volunteer Walk Leaders. Shorter walks may be available; contact Patricia or Josephine to discuss.

We meet locally after the walk for a hot drink and a chat. This is usually in the library, but may sometimes be at Costa, Tesco, or the Fox.

If this is your first walk please arrive 10 minutes early to complete a short Health Questionnaire. Copies are available on the PPG noticeboard in Maple surgery, and at www.walkingforhealth.org.uk.

Contact: Patricia Daniels T: 07917 874402;

E: danielsoohn@btinternet.com; or Josephine Powell

T: 07901 558108; E: jopowell45@hotmail.com.



BAR HILL PARISH COUNCIL

Sue Bell, Parish Clerk: 01954 780456

e-mail: bhillpc-1@btconnect.com

Please note that the office is open to Residents between **9am and 11am Monday to Thursday**.

Visit our website, www.barhill.org.uk for updates on local matters.

We have undertaken a significant maintenance program of the surface water drainage assets for Bar Hill during August. Parish Councillor Mike Nelson has been part of this work. It has given him an insight into the drainage of the village. If you would like to see what is being done to improve Bar Hill's drainage, Mike has been documenting it on the village website: www.barhill.org.uk/environment.php.

We are pleased to report that work has been started by the drainage company on Saxon Way, Infiltration Pond & Dam Brook.

Look out for the next autumn Village Litter Pick. The date will be published in the October's Bar Hill News.

Please don't park on Amenity Land as it damages the grass. **Please consider your neighbours when parking.** Please contact the Parish Council if you need to park work vehicles.

Thank you to the young people who reported finding glass around the telephone box. This has been reported to BT and will be fixed.

The next Parish Council meeting is on Thursday 17th September at 7pm in the Parish Council Office. Members of the public and press are welcome. There is an Open Forum at the start of each meeting for residents to put their views across. You can see minutes of the previous month's meeting on the village notice board.

Handy Telephone Numbers

Streetlights: 0800 253529 – give the number written on lamppost;

Anglian Water (water supply & sewerage): 03457 145 145;

South Cambs District Council: 03450 450500;

County Council (damaged paths and roads): 01223 717111.

– STREET LIGHTING – CHANGES TO OPERATING TIMES

Cambridgeshire County Council is planning to change the operational times for street lights it owns.

This will mean that from the 1st April 2016 many street lights on residential roads and footpaths which are not located on main traffic routes will be switched off between the hours of midnight and 6am. All street lights, including those located on main traffic routes, will be dimmed from switch off in the evening to switch off in the early morning.

The changes are being made due to the need for the County Council to make further financial savings to the annual street lighting energy costs, which are required due to funding reductions from central government.

For further information please visit:

www.cambridgeshire.gov.uk/streetlighting.

BAR HILL VILLAGE HALL – ANNUAL GENERAL MEETING –

The AGM will be held on Thursday 1st October 2015 at 7.30pm, in the Village Hall.

All are welcome to attend.

Gillian Wells, Secretary, Bar Hill Village Hall Management Committee

TESCO NEWS

Hi everyone! I've been away on holiday, so there's a lot to catch up on... Alison and I (Julie), have had an extremely busy summer. We've had the pleasure of attending many events, donating raffle prizes to local charities and supplying provisions to numerous organisations. Here are a few:

- Bar Hill Fête day – supplied all the elements for the cream teas. We also ran an American themed stall raising money for our Charities.
- Our customers and colleagues supported Food Bank week. We filled 142 trays for FareShare to distribute locally.
- Strawberries, jam and cream donated to Happy Hours to help them raise money for Marie Curie.
- Helped at Dobbies' Ladies night.
- Donated fruit to the Midnight March marathon.
- Supplied kitchen utensils to Addenbrooks Paediatric unit. Alison and I visited one Saturday morning and were truly humbled by the work undertaken there.
- Willingham Fen Gallop 10k and Fun Run – supplied goody bags and water.
- Over Primary School – helped out on a stall.
- We took part in Race for Life, Cambridge on the 19th July, our girl team has raised over £1500 so far for Cancer Research UK.
- A colleague team also took part in Wacky Races at Milton Country Park, where £600.00 was raised for the Arthur Rank Hospice. We came second! Brilliant team effort and great fun!

Tesco Bar Hill Sunflower Challenge.

Last Spring we asked Bar Hill Pre-schoolers (Little Acorns/ Mighty Oaks and Bar Hill Pre-school) to plant sunflower seeds as a challenge to see who could grow the tallest. We were wondering how you got on? If you managed to grow a sunflower, pop the details into Customer Services with your name, contact number and height of the sunflower (a photo would be good). There will be prizes for the three tallest!

If you know of a local community project we could help with, please contact Alison at:

barhill.communitychampion@gmail.com.

Community Room contact:

barhillcommunityspace@gmail.com.

TrolleyWise contact number: 0800 3161241.

Enjoy the rest of the summer!

Best wishes, *Alison and Julie*

CARVERY EVERY SUNDAY FROM 12.30pm



Menzies Hotels

MEMBERSHIP CLUB

Enjoy a 2-course Sunday Carvery, followed by a swim with your family.

£9.95 per person. Prior Booking

Required. Tel: 01954 249988.

Menzies Cambridge Hotel & Golf Club, Bar Hill CB23 8EU.

– CHURCH MATTERS –

NEED TO HAVE A CLEAR-OUT? SPARE TOOLS LYING AROUND? SEWING BOX OVERFLOWING?

TWAM – Tools With a Mission – refurbish items, and make up tool/sewing kits etc. to send to partner agencies overseas.

They are used to set up training centres, enabling local people to learn a trade and so escape poverty.

TWAM can use almost anything e.g. tools for:

- Gardening.
- DIY, plumbing, building.
- Car maintenance.
- Laptops, flat screen computers.
- Knitting/Sewing machines – manual or electric.
- Craft/embroidery/sewing/knitting items.

HOLIDAY CLUB REUNION PARTY

on Thursday 10th September from 5.30pm to 7.00pm in the Main Church. More details will come out by e-mail to those who attended Holiday Club.

Group photos will also be given out at this event.

OUR ALL SAINTS / LIGHT PARTY

will take place on Sunday 1st November from 3pm to 5pm. This is a fun event with games, songs, teaching and craft about God being the Light of the World.

If you would like to be sent details of the one-off children's activities we run each half term for children between reception and year 6, please e-mail Claire Thorby at: cypadmin@barhillchurch.org.uk.

Bar Hill Church is collecting in association with Harvest and would welcome your donation. After all, every little helps!

For a detailed list of items and collection times on 26th–27th September, please see the church window. Enquiries about large items please e-mail worldchurch@barhillchurch.org.uk or ring the Church Office on 01954 206120.

– FOR SALE –

Brand new easy Step-up for dogs.

Supports pets up to 150lbs

Offers around £30.00 acceptable. Tel: 01954 789243

– RAYNERS OF BARTON –

Sectional Buildings Greenhouses, Garages, Workshops, Chalets, Log Cabins, Carports, Summer Houses,

Sheds – Concrete, Steel or Wood, Conservatories – Aluminium or Hardwood.

– DOUBLE GLAZING AT ITS BEST –

PVC-U or Hardwood Windows, Doors.

Lance Rayner, Top Field Farm,

16 Cambridge Road, Barton CB3 7AR

Tel/Fax: 01223 262888; Mobile: 07702 669026



BAR HILL ECUMENICAL CHURCH SERVICES FOR SEPTEMBER EVERYONE IS WELCOME

The Church Minister, Charles Mather, can be contacted on minister@barhillchurch.org.uk, or by phone on 01954 277119. Our website gives lots of information about what's happening in Church: barhillchurch.org.uk.

Sunday 6th	10am Holy Communion with Café Church for young people. 6.30pm Psalms and Prayers.
Sunday 13th	8am Holy Communion. 10am Quaker Meeting with Kidzone for children. 6.30pm Informal Worship.
Sunday 20th	10am Holy Communion with Café Church for young people. 6.30pm Evening Prayer.
Tuesday 22nd	3pm Harvest Songs of Praise.
Wednesday 23rd	10am Midweek Communion.
Sunday 27th	10am All Together Worship for Harvest. 6.30pm Holy Communion.

Contact: Church Centre Manager: 01954 206120; office hours Mon., Weds. and Fri. 0930–1230.

There is a Roman Catholic Mass every Saturday at 6pm.

PRAYER FOR OUR STREETS

Each month we pray for two streets in the village and during September they will be **Oatlands Avenue** and **The Brambles**. If residents have a particular prayer request for themselves or their family, they are welcome to e-mail Ginny on outreach@barhillchurch.org.uk. In addition we invite the residents to tea and cake at 6pm on Sunday 20th September, followed by an informal Evening Prayer.

SMALL GROUPS IN BAR HILL CHURCH

Would you like the opportunity to discuss Christianity and the Bible in a relaxed and friendly group of people? If so, our "Small Groups", which meet in homes around the village, could be for you. Most groups meet a couple of times every month for discussion and to enjoy one another's company.

Want to know more? Contact Bob Chappell:

E: education@barhillchurch.org.uk; T: 01954 200987.

HOLIDAY CLUB 2016

The dates for next year are

Monday 25th July to Friday 29th July.

— CHURCH MATTERS —

BRING YOUR OWN CRAFT DATES FOR 2015

Please come and join us on: 26th September,
24th October in the Octagon 2.15– 4.30pm.
28th November will be our Christmas Craft Day –
details nearer the time.
For more details contact Wendy on 01954 782041.

THE COFFEE STOP...

...is run by volunteers on Wednesdays from 10am till
midday in the Bar Hill Library. Coffee, tea and biscuits are
served at a modest price. We aim to provide a friendly
meeting place to chat with old friends and new.
The Coffee Stop is used regularly by the Bar Hill Health
Walkers, and by members of the Horizon group.
We are grateful to library staff for accommodating us and
would love to welcome new people to join us. We would
like as many people as possible to borrow a book from the
library regularly to help keep this facility available for our
village. We look forward to seeing you there. For more
information contact Sue Kenchington on 01954 780260.

YOUNG PEOPLE GROUPS

Youth Socials – there is a time to relax and play games
(Wii, Pool, Table Tennis) one Sunday per month from
7.15–9.00pm in the Octagon.

Cell Groups – these are groups of young people,
meeting once a month, to learn more about the Bible
and the Christian faith.

Café Church – as an alternative to sitting in the Sunday
morning service, the children & young people meet in
the Octagon on 1st and 3rd Sundays, for breakfast and
a learning activity.

Young Peoples Evening Worship Service – this informal
service is for adults and young people and uses
contemporary music and format. This is held from
6.30–8.00pm on the 2nd Sunday of the month, starting
with cake and drinks!

For more information on any of these events contact
Heather at familysmeth@ntlworld.com.

KNIT AND NATTER...

...is a long established group that has weekly meetings
on Thursday afternoons at 1.15 until 3.30pm in the
Octagon. We are a friendly and active group who do
what we can to support one another and groups who
need our help. We currently work hard knitting for the
children's Christmas Shoe Boxes, "Operation Christmas
Child". We also send hats, jumpers and blankets to
where they are needed in the world. We hold a number
of events in the year including outings, coffee mornings,
a Christmas lunch and a "Holiday at Home" at Easter.
We would be very happy to welcome new people either
those who are knitters or those who just want to come to
chat and would like to meet some new friends.
For more information contact Sue Kenchington on
01954 780260.

BAR HILL CHURCH ECO GROUP

The Group meets for an hour in alternate months to think
about how we, as a local community, can best use our
world's resources both for our own benefit and for that of
future generations. Our next meeting is on Sunday
13th September, 11.30-12.30 in the Church (the TNT
Room in the main building), and you would be very
welcome to join us. There will be a walk at Fen Drayton
Lakes on the afternoon of Sunday 13th September, and
an outing to see 'Baked Alaska', a theatre production
about climate change, at Peterborough Cathedral, on
Saturday 19th September. For further details, please
contact ecogroup@barhillchurch.org.uk.

MESSY CHURCH...

...is for pre-school and primary age children and their
carers. They meet in the Octagon from 3.15–5.15pm on
the 3rd Wednesday of each month.
Each session begins with craft activities followed by a
story and song on a Bible theme, and ends with a simple
meal. Come along!
For more information contact Peter at
familysmeth@ntlworld.com.

THE CATHOLIC CHURCH OF OUR LADY AND THE ENGLISH MARTYRS

Hills Road, Cambridge

The Catholic Church serving Bar Hill

Parish Priest: Mgr Peter Leeming Tel: 01223 350787

Local contact: Bunty Waters Tel: 01954 201421

Monday, Wednesday, Thursday, Friday 8am and 12.15pm

Tuesday 8am and 7.30pm

Saturday 6pm. First Mass of Sundays

Masses in the Parish Church in Cambridge; also 5pm at Cambourne and
6pm at The Octagon, Bar Hill.

Holydays of Obligation 8am, 10am, 7.30pm

Sacrament of Reconciliation

Tuesday 6.45pm (not after Mass)

Saturday 10.30–11.15am, 4.30–5.15pm, 7.00–7.45pm

Details of other services are published in a weekly newsletter available at the
6pm Mass each Saturday. Copies are also available in the Church Centre.

ART GROUP

If you would like to try painting,
even if you think you're no good, we
will give you a warm welcome.
Bar Hill Church Art Group meets on
Wednesday afternoons throughout
the year from 1.30–4pm in the
Church. Our meetings are very
informal with occasional visiting
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Why not come along and give it a
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Contact Jan Hewins on 01954 201495
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During the week we have the following groups and clubs:

Monday	Helene Jones Dance (school term time only)	4.00–8.15pm
Tuesday	Shotokan Karate	5.45–8.00pm
Tuesday	Danielle (Boot Camp)	8.00–9.00pm
Wednesday	Helen Jones (Dance)	4.00–6.45pm
Wednesday	Zumba	7.00–8.00pm
Wednesday	Pilates	8.00–9.00pm
Thursday	Pilates (term time only)	10.00–11.00am
Thursday	Weightwatchers	7.00–7.50pm
Friday	Stage Starz (term time only)	5.45–6.45pm
Friday	Martial Arts	7.45–9.00pm
Saturday	Sweat and Tone	8.00–9.00am
Sunday	Bingo (doors open 7pm)	7.30–9.30pm

If you wish to book any of these facilities, or get more information, please call **01954 782414** and leave a clear message. We'll call back within 24 hours Monday–Friday); or e-mail barhill.villagehall@btconnect.com.

We look forward to hearing from you.

BAR HILL TAE KWON-DO CLUB



part of the Tae Kwon-Do Association of Great Britain (TAGB).
Tae Kwon-Do, the Korean art of self-defence, is suitable for the whole family.

Lessons are held at **Bar Hill School** on **Mondays**.

Junior class (beginners' class from 4 years old) is from 1700–1800; Junior and Adult class 1800–1930.

Sparring Classes are held on **Sundays** from 1000–1130.

Free taster sessions. Family discount.

Text, call or e-mail: Mister Jason Newton, 07745 436806; jason.newton@btinternet.com; or Sam Dethridge, 07767 697236; barhilltkdjuniorclass@gmail.com.

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BAR HILL SPORTS AND SOCIAL CLUB



The Sports and Social Club is situated on the top floor of the Village Hall. You can watch live sports on our two large HD TV screens, play pool, darts, skittles and cribbage, or enjoy a drink in our quiet lounge bar.

Visit our website, www.bhssc.org.uk or join us on Facebook, at Barhillsports.Socialclub.

What's on in September?

Sat. 5th Membership Draw – £50 to be won on night.

Sat. 19th Membership Draw – £50 to be won on night.

Sat. 19th Hypnotist and Disco – Strictly Come Trancing, Ben Dali.

Fri. 25th Monthly Disco

Mon. 28th Monthly Quiz

Looking Ahead...

Sat. 3rd Oct. Membership Draw

Sat. 17th Oct. Membership Draw

Mon. 26th Oct. Monthly Quiz

Fri. 30th Oct. Monthly Disco

Strictly Come Trancing

Ben Dali, Hypnotist, is appearing at the Social Club on 19th September. **Do not miss out on this!**

Saturday Football Home Games

5th Sept. Bar Hill Saturday Reserves v Cottenham United Reserves, K/O 1400

12th Sept. Bar Hill Saturday v Burwell Swifts, K/O 1500

19th Sept. Bar Hill Saturday v Sawston Rovers, K/O 1500

Not a Member?

New members are always welcome, join now for £10, Seniors £5. Pop in and have a look around. Please ask the bar staff for a membership form. See our website for opening times.

Andrew Wilkin, 01954 781881

YOUR LEGION NEEDS YOU

The Bar Hill branch of The Royal British Legion needs new members. You do not have to have been a member of the Armed Forces, or retired – we are open to all those in the Community that share our common cause to support the member of the Armed Force and their families all year round.

We campaign to improve their lives by organising the Poppy Appeal each year and taking part in Remembrance Day services, but we also have many social events.

We meet on the 4th Thursday of the month in the meeting room at the Octagon; our next meeting is on 24th September. If you would like to join us, do please either just come along to a meeting or contact Wendy on 01954 781381.

THE ALLOTMENT SOCIETY



Anyone interested in renting space to grow their own produce can be put on our waiting list for membership. Please contact Rob Lawrence, plot allocator, on 07788 590348.

All other allotment matters should be addressed to: bhallotment@hotmail.com.



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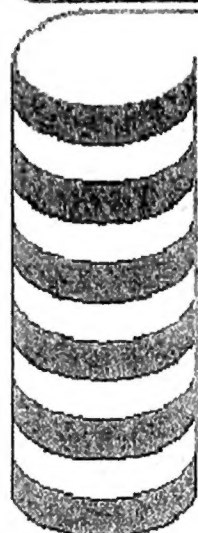
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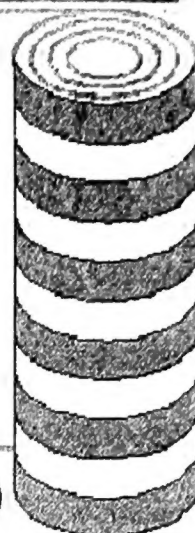
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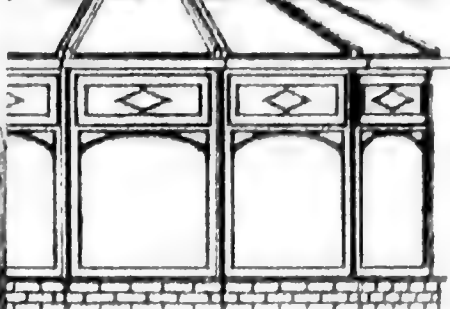
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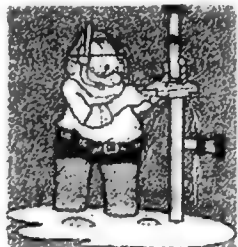
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our website www.rosieinstitches.org.uk.

We have discounted items for sale in our eBay Charity Store Rosieinstitches2010, books on Amazon at www.amazon.co.uk/shops/A302NWPESH7HN, and second hand patterns and craft materials on our Facebook page.

There are links to affiliate stores on our website from whom we will get a donation.

If you have any spare polyester toy stuffing or yarn we are in urgent need of your donation.

To support Friends of the Rosie Hospital, Cambridge, England, visit www.easyfundraising.org.uk/causes/forh and follow the instructions. You can raise funds by using the Easyfundraising search site at forh.easysearch.org.uk

There are competitions on the Easyfundraising blog.

If you can improve our website, organise the three large stalls per year at Addenbrooke's Outpatients, provide transport for our volunteers or display a small selection of our wares, please contact a member of the committee, details are on the website.

Thank you for all your support.

PARLIAMENTARY NEWS

Parliament may be in recess but that hasn't meant Heidi Allen has taken a break! From supporting local innovation through to opening a local fête, life as an MP goes on.

A week before Parliament recessed Heidi presented the prizes at the Girton Feast, and on 18th July she opened the Duxford Village Show.

The 'goings-on' at village fêtes have been broken up by the more serious side of an MP's work! A parliamentary reception saw Heidi sponsor South Cambridgeshire-based Alzheimer's Research UK as they looked to MPs from all parties for help in identifying desperately needed funding for research.

Heidi's work on the House of Commons' Work and Pensions Select Committee is taking shape. A meeting is planned with the local Papworth Trust to discuss the government's work programme.

To highlight Heidi's commitment to cross party relations, she held a meeting on 17th July with all non-Conservative local councillors so they could raise any issues they had.

If you would like to contact Heidi about an issue, book a surgery appointment or find out what else she has been up to, visit her at: W: www.heidisouthcambs.co.uk, E: heidi.allen.mp@parliament.uk; T: 01954 212707.

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MAPLE SURGERY NEWS

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www.mhmaple.co.uk

Practice closure – surgery will be closed on Thursday, 17th September from 1.00–6.30pm. In the event of an emergency, please call 111.

MEN ACWY vaccinations – we will be contacting all 17–18 year olds who are eligible for this vaccination by SMS or phone. Please ensure you call the surgery to make an appointment with the Practice Nurse, or if you do not wish to have this vaccination please call us to decline.

Flu clinics – the date for this year flu clinic will be advertised in the surgery shortly and those eligible for the flu vaccinations will be contacted either by SMS or letter.

Help us improve our service – please take the time to complete an NHS Friends and Family Test Card available in the waiting area. Your feedback will help us learn what you like about the surgery and what you think we could improve. Alternatively, visit our website www.mhmaple.co.uk, select the 'Help us Improve our Service' tab on the home page and let us know about your experience.

Emergency/on the day appointments – these appointments may be booked weekdays from 8.30am for mornings, and 1.30pm for afternoons.

Test results – telephone requests for blood results will only be accepted after 2pm.

Free NHS health checks – if you are aged 40–74, and have not had an NHS Health Check in the last five years, please contact the surgery to book with the Nurse now.

Online appointments and repeat prescription requests – registered patients can now book GP appointments and order repeat medications on the surgery website www.mhmaple.co.uk. Please call in to the surgery with one piece of photo ID to obtain your username and password.

Repeat prescriptions – please do remember to allow two working days for your requests to be processed. We are unable to accept medication requests by phone. You may order repeat medications on our website, via our dedicated e-mail maplesurgery.repeats@nhs.net or put your completed repeats slip into the grey repeat prescription box in the front entry foyer of the surgery.

The Maple Surgery Team

BAR HILL VILLAGE WEBSITE

www.barhill.org.uk

The Bar Hill Village web site is where important and interesting information can be posted. To get in touch with the webmaster, either follow the links on the website, or e-mail: barhill@machineconcepts.co.uk.

Your Bar Hill News is available – without advertising pages – at www.barhill.org.uk/bhn.php about 10 days before the paper copy is delivered.

– WANTED –

Dolls' prams are needed by the Reception class, Bar Hill School.

If you have one you would like to donate, please ring Jo Hall on 01954 780304.

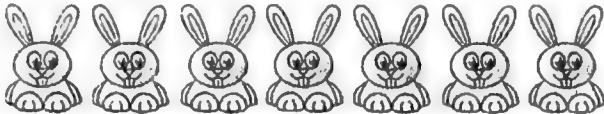
– BAR HILL CHILDMINDERS –

If you are thinking of going back to work or would just like to have a bit of time to yourself, then why not leave your child in a friendly environment with a Childminder who is Ofsted registered, fully insured and First Aid Trained? Childminders offer a wide variety of activities including trips out to local toddler groups and parks, arts and crafts, music, stories and much more.

If you would like to find out more, you can call any of the Childminders listed below or just come along to our 'Little Bunnies' session on Thursdays to meet us all (see below).

Childminders with current vacancies:

Kirsten G. 01954 200228
Terri 07846 018714
Kirsty 07584 168909 (*school-age children*)
Kirsten C. 01954 202228



'Little Bunnies' Toddler Group for Babies and Pre-school Children and their Parents/Carers. We meet on Thursdays 9.45–11.15am in the Octagon (term time only) £2.50 per family/carer, or £1 per adult with one child under a year old. Includes soft drinks and healthy snacks for the children, hot drinks for the adults. We have a large range of indoor and outdoor toys.

'Little Bunnies' Sensory Sessions at the Octagon on Tuesdays from 9.45–11.15am during term time. Come and let your little ones experience a range of sensory activities, from messy play (aprons provided) to music and story acting!

Snack and drink for children; hot drink for adults included. £1 under 1yr; £2 per child; £3 for two or more children.

– WILDLIFE TRUST –

HUNTINGDONSHIRE LOCAL GROUP

Our first autumn meetings will be held on Wednesday 9th September at 7.30pm at Brampton Memorial Centre, Thrapston Road, Brampton, PE28 4TB.

The talk, entitled *Pat's Pole to Pole*, will be given by Pat Doody, Chairman, Huntingdonshire Local Group. Pat has a particular interest in coastal ecology and is also an accomplished photographer. He has recently been on a trip to Antarctica, returning via many of the Atlantic Islands. Pat will tell us about the wonderful wildlife he saw on this trip, and also on a previous trip to Svalbard in the Arctic.

The October meeting will be held on Wednesday 14th October at 7.30pm at Brampton Memorial Centre, Thrapston Road, Brampton, PE28 4TB.

Our speaker will be Terry Moore, an active member of the Ely Group. Terry's talk will help us to identify those amphibians and reptiles found in the UK. He will outline the challenges facing these creatures today. Terry has been surveying amphibians, and great crested newts in particular, since the 1970s. Until the new biodiversity recording system, he held the official records for all great crested newt sites in Cambridgeshire.

Anyone interested in wildlife is most welcome to attend either talk. Booking not necessary. Entry is £2.50, with accompanied children free. Please contact Tim on 01480 457795 for further information.

WILLINGHAM & LONGSTANTON SURGERIES

Willingham Reception: 01954 260230;
Longstanton: 01954 207600; Dispensary: 01954 260073;
District Nurse Team: 01223 726469, option 2;
Health Visitor: 01954 207612.

Out of hours ring: 111.

Website: www.willinghammedicalpractice.nhs.uk.

Missed appointments in July 2015 = 89. This amounts to about 18½ hours of wasted Doctor/Nurse time. When appointments are not cancelled we are unable to reuse them for other patients, so **please cancel** an appointment if you no longer need it or are unable to attend.

Flu vaccinations – will be arriving towards end September. We will be running special flu clinics, so please ring for details from mid-September.

Carers Support meetings – our next meeting at Willingham Surgery is on Wednesday 7th October from 2–4.30pm. Please feel free to pop along for support and advice.

Out of hours care – please remember to phone Urgent Care Cambridge on 111 if you require medical attention when the surgery is closed.

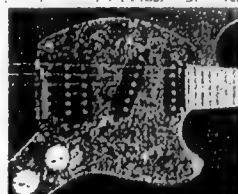
NHS Choices website www.nhs.uk – visit here for lots of useful health information. It is a helpful tool for reading up on health-related topics, including fitness and healthy eating advice which we can implement into our daily lives to improve our overall health. If you would like weight management advice and support, please phone the surgery and book an appointment with Jan, our nursing assistant.

12 tips to help you lose weight – don't skip breakfast; eat regular meals; eat plenty of fruit and vegetables; eat high fibre foods; get more active; drink plenty of water; read food labels; use a smaller plate; don't ban foods; don't stock junk food; cut down on alcohol; plan your meals.

Quit smoking – there are many health benefits from stopping smoking. If you are interested in quitting please book an appointment with a practice nurse, who can offer advice and support. Some long term benefits from quitting: **live longer; breathe easier; improve smell and taste; more energy; younger looking skin; whiter teeth.**

CAMTAD Hearing Aid Clinics – the next clinics will be held at Willingham Surgery on Wed. 16th September and Wed. 21st October from 2–4pm. No appointment necessary, just pop along for your free NHS hearing aid batteries and for help and advice regarding hearing loss.

Sharon Unwin, Manager



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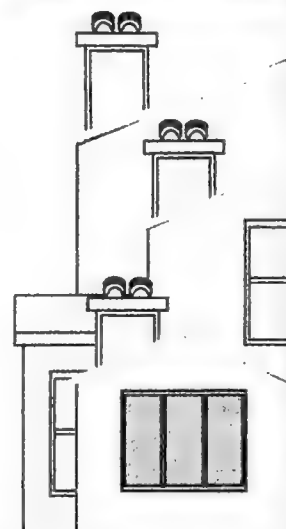
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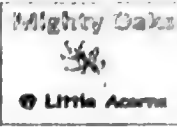
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Little Acorns Extended Day Care



Little Acorns Extended Day Care is an out of school club registered to care for children age 2–11 years, from 8am–6pm during term time and school holidays. We are situated next to the primary school along the concrete track which leads to the Farmhouse. Please feel free to drop in for a look around.

Flexible Hours can be booked any time during weekdays. Our current cost is £3.60 per hour. A 50% sibling discount is available and a 20% lone parent discount. Our breakfast club is open from 8am and is suitable for all ages.

Children have access to all three rooms in the building and the garden area throughout the day. We offer a wide variety of activities and resources where children can explore, investigate, learn, create and have fun.

We have a 'mini acorns' session for children who are just starting pre-school (from age 2). These are slightly shorter sessions (9–11.15am), open Monday to Friday term time only, in a separate, quieter room with a higher staff ratio (max 12 children per session with 3 staff). We employ only qualified and experienced staff who are caring and dedicated.

Children can access 15 hours per week of free sessions under the Early Years Funding Scheme in the term after they reach 3yrs. Families on Income Support, or who fulfil the criteria for free school meals, may also be able to access 15 hours per week of free sessions for their 2 year old, via 'Free Twos' funding. Enquire at the children's centre for advice on applying for this.

If you would like more information or a registration form please e-mail: littleacorns.barhill@ntlworld.com, or phone Sally or Gail: 07851 803083 / 07982 238658 for pre-school age; for out of school care please e-mail: mightyoaks.barhill@virginmedia.com.

The building can also be hired out at weekends/evenings for parties and family events. Please e-mail for a booking form if you are interested – you do not need to have a child at the pre-school to use this facility.

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 - 2 Large Terracotta Cherille fabric cushions. Approx. 49cm (19.5") x 49cm (19.5"). £4 pair.
- Telephone: 01954 780787.

BIKE FOUND IN APPLETREES, BAR HILL

A bicycle was found in Appletrees around 10th August. If you know whose it is, please get in touch with Bujar Mani: E: Bujar.Mani@cambs.pnn.police.uk; T: 101 ext. 7113152.

WALKING WITH COMBERTON RAMBLERS

Walking is an excellent form of exercise. As well as making new friends we are fortunate in that Cambridgeshire is an ideal area for walking as it has relatively few hills.

Regular walking can: strengthen your heart, bones and muscles.

Walking can reduce the risk of: coronary heart disease; stroke; diabetes; high blood pressure; bowel cancer; Alzheimer's disease; osteoporosis; arthritis; anxiety; stress.

Walking improves your: mood; confidence; stamina; energy; weight control; life expectancy and helps combat depression.

We walk alternative Sunday mornings, between 5–6½ miles.

New walkers are welcome to join us for two free walks. If you enjoy our walks we request that you become a member.

Our Autumn 2015 walk programme starts on 6th September 2015. For further details please contact the Secretary, Stella. stella.ramblers@hotmail.com.

CAMBRIDGESHIRE CONSTABULARY: THEFTS FROM MOTOR VEHICLES – SOUTH CAMBS VILLAGES

Between 29 July and 4 August, there was an increase in theft from motor vehicles in South Cambs, including five in Bar Hill.

Foxhollow: overnight 3–4 August, a Vivaro Sportive panel van had the near side front window smashed and various power tools were stolen. A white Vivaro van was also targeted; the front quarter light was smashed, but fortunately nothing was stolen.

Pheasant Rise: overnight 3–4 August, a Peugeot van had its off side rear lock forced; nothing was stolen. Two other vehicles in the same road were targeted: a Vauxhall Vivaro van had a driver's side quarter panel smashed, but nothing was stolen. A Ford Courier van had a lock forced; again nothing was stolen.

Please check your vehicle to see if you can improve security. Do not leave anything on display. If you do not have the facility to remove tools overnight, think about additional locks. As well as the factory fitted alarms, look at an additional alarm system – they are not too expensive. If you have a driveway, look at installing a driveway alarm – they cost from around £35. This alerts you should anyone cross the beam when coming on to your drive. The beam is linked to a transponder in your house. Finally mark your tools with a property marking kit, like **cremark** (www.creproducts.co.uk cost: £15) or **Smartwater kits** (www.smartwater.com cost: £10 from the Police). Alternatively paint your postcode and house number or business name on your equipment.

If you see anybody acting suspiciously and believe a crime taking place please call 999.

If anyone tries to sell you cheap power tools, generators or gardening equipment, please call 999. For non-emergencies call 101.



VILLAGE HALL 01954 782892

We are taking bookings for the next term starting September 2015. Please get in touch with Sarah or Michelle to arrange an informal visit.

Our ethos is to ensure high quality care by focussing on each child's ability and interests. Our key person and buddy system enables our team of highly qualified staff to plan activities to reflect all the needs of our children.

We offer fully flexible care between 9am–3pm, for children aged 2–5yrs and are registered for Nursery Education Funding (NEF) as well as the government scheme 'Funded 2's'.

The extended outdoor learning environment provides opportunities from growing fruit and vegetables for our 'snack bar' to discovering worms, ladybirds and other creatures that share the area at the setting. We are proud to offer many additional learning experiences for your child with regular visitors to the setting as well as exploring the community around us.

The setting is intimate and comfortable and provides a safe environment for your child to learn and develop with their peers. The indoor area has a quiet corner for reading as well as a range of toys and equipment for your child to discover. We have strong ties with the community through visits to local businesses, the library and the church.

Parent/Carer Partnership

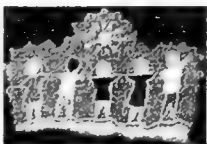
From September we are introducing **Online Learning Journals** where each parent can follow the development of their child in words and pictures via a secure login.

Please contact us on the above telephone numbers or: enquiries@barhillpreschool.co.uk

Our setting manager as well as session allocation coordinator, Sarah, and her deputy Michele are always on hand to support you through the registration process.

We look forward to meeting you and your child.

BAR HILL BABY AND TODDLER GROUP...



... is held on Wednesday and Friday 9.45–11.15 am at the Octagon. This is for families and carers with children aged 0–4 years, with a variety of toys and activities for toddlers and pre-

schoolers, and a baby area with mats and age appropriate toys. Drinks and snacks are provided.

Prices:

Under 1s – £1.00 (or FREE when paying for a sibling over 1);
Over 1s – £2.00.

Maximum charge per family/child-minder – £3.00.

Visit our Facebook page for details of future events.

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– OVER DAY CENTRE –

Vacancies

At present, we have client vacancies at the Day Centre. If you are interested in joining us, please call Hayley Smith, Head of Care, on the above number.

The Day Centre is also looking to recruit **Relief Minibus Escorts** to help cover holidays. This would involve an occasional shift by mutual agreement. Escorts accompany the minibus driver when collecting and taking home clients. Full training would be given and a DBS (Disclosure and Barring Service) check would be required.

We have a vacancy for a **Trustee** to join our Management Committee. Meetings are held bi-monthly. If you would like to join the management team, please contact Shona Johnstone, Chairman, at: shonafj@googlemail.com.

Open Lunches – we offer a two course lunch on the second Saturday of the month at the Day Centre at a cost of £5. This invitation is open to everyone as part of our "community" enterprises, it is not part of our care work." Come along and join us for lunch and a chat! Just give us a call to book your place.

Envelopes – thank you to everyone who donated in the recent charity envelope collection. We were very pleased and surprised to raise just over of £3000! Also thank you to the Over News team who distributed and collected the envelopes on our behalf.

All enquiries should be directed to Sarah Peck, Centre Manager.

If you have a question about the Day Centre or any of our services, please contact us by: telephone: 01954 231807; email: office@overdaycentre.co.uk or just pop in and see us: 1 Drings Close, Over CB24 5NZ.

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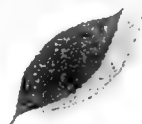
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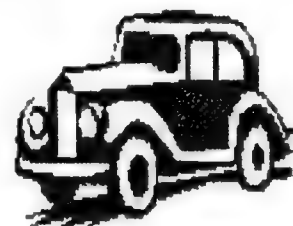
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SEPTEMBER BULLETIN FROM CAMBRIDGESHIRE FIRE AND RESCUE SERVICE

Harvest is upon us and we're calling on local residents to help our fight against straw stack arson.

Stack fires can quickly spread and not only endanger people and livestock, but also life-long work on farms. Stacks burn very slowly meaning crews are committed for long periods of time, making them unavailable for other emergencies. Don't forget, many firefighters attending incidents like these in rural parts of our county are on-call personnel and their retention at a stack fire impacts directly upon business and services in their community.

What can you do? We're urging residents and those passing through rural areas to keep a careful watch. Do you see someone acting suspiciously around stores of hay or straw? Is there an unusual vehicle near farm buildings? Become a community member of Arson Watch and keep an eye on stacks in your area.

Report suspicious activity to police on 101 and dial 999 if you see a stack fire.

Like our fan page on Facebook: www.facebook.com/cambsfrs, follow us on Twitter @cambsfrs. Contact 01480 444500 for any queries.

Don't forget, if you're landlord of a property, you can pick up free smoke alarms at our distribution events ahead of proposed regulation changes. Full details at: www.cambsfire.gov.uk/firesafety/alarms4life.php.

Find us on Facebook, Twitter and Instagram, or contact us on 01480 444500.

THERE'S NOTHING QUITE LIKE A GOOD CUP OF TEA ...

...especially if it raises money for a really good cause! That's why we're inviting you to host a Tea for RNIB party this summer. Join hundreds of people across the UK raising money to support blind and partially sighted people.

Call 0845 345 0054 and we'll send you everything you need to get your Tea for RNIB party started. You just need to invite your friends to your house, garden, street or anywhere else you fancy.

There's a serious side to the party. Did you know that in the next 15 minutes, someone in the UK will be told: "You are losing your sight"? But right now, we can only reach one in three of the people who need our help the most. Your support can help more blind and partially sighted people to face the future with confidence.

You could support us by: • Asking guests to donate for a slice of cake and a cup of tea • Selling raffle tickets for donated prizes • Asking for donations to guess the number of sweets in a jar • Selling home crafts or yummy delights •

Remember, it's easy and fun to run a Tea for RNIB party. There's loads more ideas in our free party pack, just call 0845 345 0054 or visit www.rnib.org.uk/tea-rnib to order yours today. We'll also then be able to put you in touch with Hayley, your local fundraiser who will be able to answer all your questions and help in any way she can.

Hayley Newton Area Fundraising Manager – East Anglia, RNIB (Royal National Institute of Blind People)
E: hayley.newton@rnib.org.uk; W: www.rnib.org.uk.

DOBBIES

It's a new season, and with it, new things to Dobbies! We are now selling chrysanthemum balls at a bargain price of £7.99 in many colours, and have a range of lovely bulbs in our plant area, which you'll notice has a new layout. We also have a new house plant range in store, including cacti and exquisite Bonsai trees. Dobbies' Autumn promotion is currently available (while stocks last), including £10 off Blowvac leaf blowers and many other promotions in store.

Why not sign up and take advantage of our Dobbies loyalty card? Receive the many benefits: save 10% on all plants; bulbs and seeds every day; collect two points for every £1 you spend in-store (1 point = 1p); enjoy two free hot beverages monthly in vouchers; take advantage of exclusive shopping events and offers during the year. Customers who sign up in-store and choose our £10 direct debit option will receive a free gift immediately (which varies each month). So even though there is an annual sign-up fee, you make your money's worth extremely quickly – sometimes with the value of the free gift alone!

At Dobbies we like to be part of the community and hold regular events to get local people together and raise money for charity. Our **Soul and Motown Charity Event** is on **Saturday 12th September!** All proceeds are going to support the Teenage Cancer Trust. Tickets £5 from a member of staff – hurry, they're selling fast! There will also be another **Ladies' Night** event at the **end of November!** Speak to a member of staff about reserving a table to advertise your business.

We would love to hear from you! Complete our quick survey online and as a thank you we'll enter you into our monthly prize draw to win a £100 Dobbies gift card. Visit www.telldobbies.com.

It's early, but it'll soon be here – we are looking for **four enthusiastic elves** to join our Christmas theme and support Santa in his grotto! Apply within.

For further information please call us on 01954 785451 or pop in for a chat!

Julie Griffin

– JH FITNESS ACADEMY –

A new Gym with a difference has opened in Bar Hill. JH Fitness Academy specialises in group fitness classes and one-to-one personal training.

"No goal was ever met without a little sweat."



Trainer Junior Herbert is a former ISKA Commonwealth Muay Thai Champion, and three times National Kickboxing and Muay Thai Champion. He has been personally training clients since 2003 under the name of JH Personal Training.

Here are some of the classes, held at various times of day, between 6am and 9pm:

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Like us on Facebook for more information.

BAR HILL COLTS FOOTBALL CLUB NEWS

Would you like to coach a new GIRLS Under 7 team?

With the new season upon us, the Bar Hill Colts are looking to start up a new Under 7s girls football team to complement our existing U13 girls team. Would you like to be involved in coaching U7s girls or wish to know more about it? If yes, browse to www.barhillcolts.co.uk for more details and please contact us.

LIONS U9s focus on fitness ahead of the start of the new football season

July and August are our very quiet months during which there is a pause in training and matches for most of our Colts teams whilst players are on their summer holiday from school and college. But the holiday season is now drawing to a close and our various teams affiliated to the Bar Hill Colts are each looking forward to the start of the 2015/16 football season.

The Lions U9s for example have just started training again, particularly focused on pre-season fitness training to get their rested muscles up to strength again and to improve stamina.

This season is likely to be a tough one for the team, who will be playing their first league match (in League 9A) at home against Cambourne on Saturday 19th September on the Bar Hill Village Green.

This year, the Lions U9s move on to a slightly larger pitch than they've been used to, beside the church and tennis courts on the village green, so the players could well enjoy some increased support from passers-by as they walk along the spine path. Please do stop off and cheer our teams on if you see them playing on the green. Good luck to all our Colts teams for the 2015–16 season, and let's look forward to seeing some exciting matches, and hopefully without too much disruption due to waterlogged pitches this year!

– HAPPY HOURS –

We held our Marie Curie Cream Tea in July and raised £392.15. Many thanks to all those who came, and those who donated raffle prizes and lovely cakes. We had a beautifully dressed doll donated. We had a name competition for her, plus sweets in a jar and cakes for sale. Grateful thanks to Tesco who donated the cream and jam and special thanks to Joan who made the scones.

The aim of our Club is a meeting point for the retired or lonely. We try and encourage people to keep active in mind and body, which helps keep us healthier. Companionship for a day with good food, tea and coffee. We have board games, quizzes, bingo monthly and occasional parties and outings. All are welcome!

Call in for a coffee or tea on a Monday 11am–3pm. If you feel unable to come alone, please let me know and I will do my best to get someone to accompany you.

Age UK Befriending Scheme call 0800 169 29 39 or Silverline 0800 470 80 90 especially for those who are lonely.

Age UK Befriending Scheme call 0800 169 29 39 or Silverline 0800 470 80 90 especially for those who are lonely.

Helen Collins, 01954 782203

BAR HILL CRICKET CLUB



At the time of writing, Bar Hill need just

FIVE bonus points from their last two matches to win the Minor League title!

Sam Clare has been the star of the last month, starting by hitting 77 against Coton. With Nathan Dean adding 42, Bar Hill posted 228 for

8. Sam then took six wickets to end Coton's challenge on

159. He was even more brutal against Burwell IV,

plundering 108 from only 39 balls, including nine sixes.

Elliott Hard almost joined him as a centurion, but was

dismissed for 93 as Bar Hill totalled 326 for 8. Phil Orvis and

Sam Wilson then took three wickets apiece as Burwell were skittled for 48.

It looked as if Burwell would be bowled out for even less in the return fixture as they slumped to 3 for 5. They

recovered to post 106 all out, with three wickets each for

the two Sams, Wilson and Clare, and for Adam Dean.

Sam Clare then smashed a brisk 48 not out to ensure

victory with 8 wickets to spare.

Sadly, there was to be no unbeaten month, as Bar Hill were

beaten in the semi-finals of the Lower Junior Cup. Bar Hill

bowled reasonably well to restrict opponents Wilbrahams

II to 119 for 5 in their 20 overs. But no one really got going

with the bat, Tom Yewbrey's 17 the top score as Bar Hill

were dismissed for 84.

We have also now taken delivery of our new practice net,

which is situated on the edge of the village green. Non club

members are welcome to use it – but we ask that due care

is taken to look after this community facility! Thanks again

to Bar Hill Parish Council for their support of this project.

We are in the process of organising our end of season do –

so members please keep an eye on e-mails and the club

website for more details!

For information on all aspects of the club, visit

www.barhillcricket.org.uk. We also have a Facebook page

and you can follow us on Twitter @BarHillCC.

Paul Stimpson, 01954 201212

CAMBRIDGE RANGERS WOMEN'S FOOTBALL CLUB

We have been part of the Cambridgeshire football scene for more than 10 years. Rangers has helped develop many players since the club started and continues to welcome players from around the city – and the world for that matter. Players and coaches share one philosophy, that football is for all and it is about enjoyment as much as it is about winning. We love to win, but what sets us apart from other clubs is that our players are smiling at the end of every game, no matter the result.

We are looking for new players for this season that starts in September. So whether you've played before or been inspired by the Women's World Cup to give it a try, come and give it a go. We are an all-inclusive club with players of all standards.

We train every Tuesday evening at Girton Recreation

Ground from 7pm, and play our matches in an FA

Women's league on Sundays. Please email

cambridgerangers@gmail.com for more information or

just show up from Tuesday 25th August.

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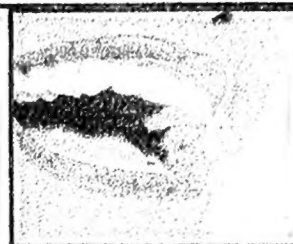
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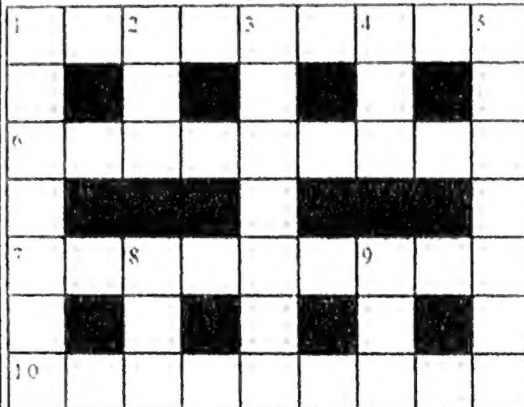
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SEPTEMBER CROSSWORD

Across: 1. Star sign, 6. Can conduct marriages, 7. Italian starter, 10. Type of water fowl.
Down: 1. Type of breakfast, 2. Goes with: tent, leg and out, 3. Poorly flavoured, 4. Manual boat propeller, 5. On edge, 8. Golfing term, 9. Bag (biology).



SOLUTION FOR AUGUST

Across: 1. Fairhaven. 6. Baking tin.
7. Identical. 10. Serenades.
Down: 1. Fabrics. 2. Ink. 3. Hinxton. 4. VAT.
5. Nonplus. 8. Ear. 9. Cod.

UPCOMING BIN COLLECTIONS

Thurs. 3 Sept. green bin, blue bin etc.
Weds. 9 Sept. black bin,
Weds. 16 Sept. green bin, blue bin etc.
Weds. 23 Sept. black bin,
Weds. 30 Sept. green bin, blue bin etc.

WHEELCHAIRS

Over Day Centre has a small collection of wheelchairs which we are happy to loan to the public. If you need to borrow a wheelchair, talk to Over Day Centre first as we may be able to help.

Tel: 01954 231807;

e-mail: care@overdaycentre.co.uk.

There is no charge for this service, but donations are always welcome.

We are here to support the Community.

- FRAUD ALERT -

TARGETTING EMPTY RENTAL PROPERTIES

The National Fraud Intelligence Bureau (NFIB) has received several reports of rental fraud whereby empty premises are being targeted and the locks are being changed for the purpose of adding legitimacy to a rental fraud.

The suspect(s) will find and enter an empty property for the purposes of changing the locks and then advertising it on online platforms, such as Gumtree, as a rental property. The suspect(s) then invite interested victims to visit the property for a viewing. Those victims which are interested in renting the property are then requested to pay a deposit and/or rent upfront in cash. In some instances the victims have moved into the property only to be evicted by the real property owner, or have found that the locks have been changed, once they have received the keys. There are several instances where this fraud has left victims homeless.

Property Owners:

- If you or someone you know currently has an empty property, encourage them to visit the property regularly to make sure that the locks have not been changed and no damage has occurred.

Prevention Advice:

- Avoid communication with only email or mobile phone, request to see the property owner and ask for valid ID. You can also check ownership of the property using the Land Registry.
- The landlord will carry out their own due diligence and should request all of your details, references and proof that you will be able to afford to rent the property. Make sure that these checks are completed prior to paying a deposit/rent.
- Always view the property and the tenancy agreement before paying any upfront costs.

If you, or anyone you know, have been affected by this fraud or any other scam, report it to Action Fraud by calling 0300 123 2040 or visiting www.actionfraud.police.uk.

- FOR SALE -

Black Ash G-Plan dining table and 4 Swedish design black and green dining chairs. In good condition. Buyer to collect. Only £100.
Phone: 01954 781778

- FOR SALE -

Velour riser recliner chair from Days Healthcare. Little used - excellent condition. Colour: Stone. £100.
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SEPTEMBER PUZZLE

Form nine, nine letter dishes, in alphabetical order.

A	D	A	G	A	L	Q	U	E
A	N	T	H	I	L	S	E	E
A	Y	A	I	C	O	S	E	R
B	A	L	I	N	E	S	C	H
C	A	S	J	A	M	T	T	A
C	A	S	M	A	N	T	T	E
C	R	O	N	I	T	T	T	I
E	N	C	O	L	E	T	Y	R
F	R	I	O	P	I	Z	E	L

Solution for August: APARTMENT, BEDSITTER, FARMHOUSE, HOUSEBOAT, LANCASTER, PARSONAGE, PENTHOUSE, ROADHOUSE, TREEHOUSE.



RESIDENTS' ASSOCIATION

Interested persons are always welcome at Residents' Association meetings. These are usually held on the first Tuesday of the month at 8pm in the Parish Council office.

Next meetings:
1st September; 6th October.

— EVENTS CALENDAR —

date	event	where	time
28 August	Disco Night (page 8)	Bar Hill Social Club	
3 September	8 o'clock club – enrolment (page 3)	Bar Hill School	8pm
7 September	Sing It Out community choir	Octagon	7.30pm
9 September	Hunts. Wildlife Trust talk (page 16)	Brampton Memorial Centre	7.30pm
10 September	NWR – Buildings (page 3)	Venue: Di's	8pm
12 September	Dobbies' Soul and Motown charity event (page 25)	Village Hall	
12 September	The Blues Brothers (page 1)	The Green, Swavesey	7.30pm
17 September	Parish Council meeting (page 5)	Parish Council office	7pm
19 September	Hypnotist – Strictly Come Trancing (page 8)	Bar Hill Social Club	
22 September	Harvest Festival Songs of Praise (page 1)	Octagon	3pm
24 September	NWR – Desert Island (page 3)	Venue: Bobby's	8pm
25 September	Monthly Disco (page 8)	Bar Hill Social Club	
28 September	Monthly Quiz (page 8)	Bar Hill Social Club	
1 October	Bar Hill Village Hall AGM (page 5)	Village Hall	7.30pm
1 October	8 o'clock club – Medical Detection Dogs (page 3)	Bar Hill School	8pm
3 October	Bar Hill Community Market (page 4)	Octagon	10.30am–2pm
8 October	NWR – Siberia (page 3)	Venue: tba	8pm
14 October	Hunts. Wildlife Trust talk (page 16)	Brampton Memorial Centre	7.30pm

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Eyelash tint: £10.00

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NEW GROUP FOR BAR HILL

There is an exciting new group coming to Bar Hill in September. The **Health and Wellbeing Club** is the latest addition to the wide range of activities taking place in the Tesco Community Room. The first meeting will be between 2–4pm on the 15th September, and then every second Tuesday in the month after that.

The idea behind this club is to explore some of the expert advice on offer in store ranging from the pharmacy through to fashion and beauty. Every month there will be a different theme, which will be decided from the suggestions made by the members of the group. To give examples, here are some of the things we have planned for the first four meetings taking us through to the New Year:

15th September – Launch. Introducing members of staff and some of the things on offer.

13th October – Pharmacy and beauty.

10th November – Thoughts go to Christmas with ideas for gifts.

8th December – Ideas for food, drink and decorations.

After this, it is over to the members of the group to decide what advice they would like to draw on from the departments within Tesco store. This could be pharmacy, optician, beauty, travel, diet and nutrition, gardening, electrical and much, much more.

So, come and join us for the launch on 15th September – there'll be tea, coffee, cake, biscuits and a very warm welcome!

If you would like more information, please call Jane Johannessen, Community Development Officer for Care Network, on 01954 211919.